

WEEKLY MEAL PLAN

Mon

Crock Pot French Onion Soup

- 4 large yellow onions
- 2 cloves garlic
- 1 bay leaf
- 8 cups low sodium beef broth
- 4 to 5 cups cubed crusty bread
- 6 tablespoons unsalted butter, shredded gruyere cheese (to taste)

Tues

Butternut Squash Enchilada Casserole

- 1 medium size butternut squash (apprx. 2 and 1/2 pounds, can also buy precut and cubed)
- 1 yellow onion
- 1 green bell pepper or poblano pepper
- 2 jalapenos
- 1 cup baby spinach leaves (optional),
- 1/2 cup cilantro
- 2 avocados
- 1 (15 ounce) can black beans
- 16 ounces salsa or enchilada sauce
- 2 teaspoons cumin powder
- 8 small or 6 large corn tortillas
- 1 and 1/2 cups shredded Mexican cheese

Wed

Kimchi Fried Rice

- 2 tbsp diced green onions
- 1 cup Kimchi, plus 1-2 tbsp of Kimchi juice
- 2 cups rice (preferably day-old)
- 1 tbsp soy sauce
- 2 eggs

Wed

Baked Penne with Meat Sauce

- 1 large onion
- 2 cloves garlic
- 1 bay leaf
- 16 ounces baby bella mushrooms
- 1/2 box (6.5 ounces) dried penne pasta
- 1 tbl. dried basil
- 2 tsp. dried parsley
- (2) 28 ounce cans crushed tomatoes
- 2 tbl. Worcestershire sauce
- 1 tbl. sugar
- 2 tsp. tomato paste
- 1/2 cup dry red wine
- 1 1/2 cups grated smoked mozzarella cheese
- 1.5 lbs. lean ground beef (omit for vegetarian)

Thurs

Crock Pot Chicken Tikka Masala

- 1 small yellow onion
- 5 cloves garlic
- 2 tablespoons fresh ginger
- 2 teaspoons fresh turmeric
- 1 jalapeño
- 1 14-ounce can crushed tomatoes
- 2 tablespoons tomato paste
- 1 tablespoon ground cumin
- 2 teaspoons ground coriander
- 1 tablespoon paprika
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground cardamom
- 2 tablespoons tapioca flour or corn starch
- 1 cup full-fat plain yogurt
- 3/4 cup heavy cream
- 2.5 pounds boneless skinless chicken breasts

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